Chapter 15 Training For Muscular Fitness

PE 308 Theory and Psychology of Coaching

Chapter 15

A. Terminology and Concepts
    1. Muscular fitness
    2. Muscular strength
    3. Muscular endurance
    4. Speed
    5. Power
    6. Flexibility

Chapter 15

B. How Muscles Work

1. Basic muscle anatomy
2. Muscle mechanics
3. Muscle actions
4. Muscle physiology
5. Muscle soreness

Chapter 15

C. Training for Muscular Fitness

1. Flexibility training
2. Resistance training
3. Muscular demands of a sport
4. Testing muscular fitness

Chapter 15

C. Designing a muscular fitness program

1. Flexibility training (guidelines)
2. Resistance training
3. Muscular endurance training
4. Speed training
5. Power training